



Air Education and Training Command



Develop America's Airmen Today ... for Tomorrow



325 FW Summer Safety 2012

**Train and Project Unrivaled
Combat Power**

U.S. AIR FORCE

Integrity - Service - Excellence



Topics in this Brief



- Cell Phone Use
- Safety / Fitness
- Outdoor Grilling Safety
- Camping/Hiking Safety
- Water Safety
- Boating Safety
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- Motorcycle/ATV
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- Driving
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Cell Phone Use On Tyndall



Texting on a cell phone while driving on base is prohibited!

Definition of TEXTING according to Executive Order 13513, 1 Oct 2009:

“Texting” or “Text Messaging” means reading from or entering data into any hand-held or other electronic device, including for the purpose of SMS texting, e-mailing, instant messaging, obtaining navigational information, or engaging in any other form of electronic data retrieval or electronic data communication.

This definition includes manual phone number dialing!



Driving and Cell Phones



Talking on a cell phone while driving on base without a hands-free device is prohibited!

Violators caught will receive:

- 4 points & 7-day base driving suspension
- 6 points & 30-day base driving suspension for 2nd offense
- Call 325 SFS, Reports & Analysis, 283-9915 for questions and concerns



Safety and Fitness



- Injury Prevention
 - Warm up
 - Listen to your body
 - Stretch
- Quality Vs. Quantity
 - Proper form
 - Variety of exercises
 - Overuse of a muscle group
- Slow and Steady
 - Adding too much too soon
 - Small increases = big gains
 - Patience
- Rest and recovery
 - Sleep
 - Nutrition
 - Burnout



Outdoor Grilling Safety



- Grill Inspection
 - Dirt
 - Rust / disrepair
 - Gas leaks
- Grill Location
 - Trees / overhang
 - Flamable objects
 - Ventilation
- Safe Operation
 - Dress properly
 - Light carefully
 - Supervise



Camping/Hiking Safety



- Know the Rules
- Local Plants & Wildlife
- General First Aid Knowledge
- Equipment and Safety
- Fire Safety
- Water / Water Purification
- Self-Rescue Procedures
- Leave an Itinerary
- Plan the Trip and Stick to the Plan



Water Safety



- BEACH CLOSED
- HIGH SURF AND/OR CURRENTS
- MODERATE SURF AND/OR CURRENTS
- CALM CONDITIONS
- SHARKS, JELLYFISH, STING RAYS OR OTHER DANGEROUS SWIMMING THINGS!



Water Safety



- Check the weather report before heading to the water
- Have a buddy
- Rip Currents

Never swim against a rip current. If you feel it taking you out to sea, swim parallel to the shore until you are out of the current. Then swim towards shore.

- Ensure sun protection is on your list to take to the beach
- If you must swim at dusk, stay close to shore.
- Diving in shallow water can obviously be hazardous, yet people are injured every year because of this.
- Alcohol and Swimming – avoid this combination.
- Be hydrated before you leave for the water & stay hydrated.
- Never leave kids alone



Boating Safety



DO:

- Vessel Safety Check
- Use life jackets
- Have a float plan
- Know the local radio weather and Coast Guard channels
- It's a good idea to have flares and signal devices on hand
- Ensure plenty of food and water are on hand
- Tools for minor repairs are on hand

• DON'T

- Drinking and Boat (BUI)

• RECOMMEND

- Take a boating safety course



Fireworks Safety



We don't recommend using fireworks of any kind, but if you must:

- Always have a fire extinguisher on hand
- Keep fireworks away from children
- Supervise
 - If you light it, you dispose of it
 - Make sure it either goes off or it is safe to destroy
 - Do not leave your fireworks unattended
- Environment
 - Is the area safe for Fireworks?
 - Do we have room to escape?
- Local conditions
 - Burn Bans
 - Fires start quicker in windy conditions
- Illegal explosives (including homemade explosives) are not safe!
- Alcohol and fireworks do not mix
- Know your local laws before setting off fireworks
- Only use fireworks as intended

BEST ADVICE: Leave it to the professionals



Motorcycle / ATV Safety



- Look twice save a life
- Dusk and dawn
 - Glare
 - Difficult seeing objects that are far
 - Rush hour
- PPE
 - Helmet (DOT Approved)
 - Long sleeve upper garment
 - Long pants
 - Sturdy over-the-ankle footwear
 - Gloves
 - Bright colors and reflective gear
- Conduct motorcycle inspections (prior, during and after)
- Drive defensively, beware of distracted drivers
- Know the road conditions or slow down when unfamiliar with the road.
- MSF course for street motorcycles



Extreme Sports Safety



- Accepting risk and being prepared
 - Example using Skydiving
 - Accepted Risk – Death from a high velocity sudden stop
 - Expected Risk – Having a bad landing and breaking a leg/arm
 - Unexpected risk – Parachute failure, mid-air collision, loss of consciousness
 - Prepare for all risks; mitigate the Accepted Risk
- Equipment
 - Prior-to-use maintenance
 - Post use maintenance
- Safety concerns
 - Seek professional help – Learn from the best
 - Self rescue – Learn to save your own life
- Have a buddy
- Alcohol and high risk activities
- Know your limits

Live to do it again tomorrow.



Bicycle Safety



Cycling can be a wonderful form of exercise and a quick means of transportation. But it can also be life-endangering if you fail to cycle safely. Use these tips to help make the time you spend cycling the time of your life.





Bicycle Safety



- Make sure your bike has the required safety equipment.
- Obey all traffic rules, signs, signals, and pavement markings; keep to the right; ride with the traffic, not against it; and keep a safe distance from the vehicle ahead.
- Always be seen, during the day, cyclists should wear bright clothing. At night, cyclist should wear reflective clothing designed to reflect motorists' headlight beams.



Bicycle Safety



- Never wear clothing that blocks your vision.
- Never ride while listening to headphones.
- Wear a helmet. Hardshell helmets bearing stickers indicating approval of the Snell Memorial Foundation or the American National Standards Institute offer proven protection.
- Ride in single file. Bicycling two abreast can be dangerous when trying to pass.
- Make safe turns. Riders should signal turns well before the intersection using correct hand signals: left arm straight out for left turns, left forearm extended up for right turn.



Heat Injury Prevention



Water, water, water! Drink 8 to 10 glasses a day as the bare minimum - drink more on warmer days and when exercising.

Symptoms of a Heat Stroke:

- Nausea
- Vomiting
- Fatigue
- Weakness
- Headache
- Muscle Cramps
- Dizziness



What are the signs and symptoms of dehydration?

- Urine will become dark yellow.
- Dry mouth
- Sweating may stop
- Muscle cramps
- Nausea and vomiting
- Lightheadedness (especially when standing)



Click It or Ticket Campaign



- Seat belts are effective in preventing serious injury & death.
- 1 in 5 Americans fail to regularly wear a seat belt
- By adhering to the "**Click-It or Ticket**" rule, your odds of surviving a mishap are reduced.





Summer Driving Safety



Over 450,000 injury crashes occur annually in adverse weather conditions or on slick pavement, according to the US Department of Transportation.





Summer Driving Safety



Tire Care

- Check your tires regularly for wear or damage.
- Be sure your tires are properly inflated
- Never overload your vehicle
- Make sure there is enough tread on the tire to operate safely, and make sure the tires are wearing normally.
- If some spots on the tire seem to be wearing faster than others, see your service station or mechanic.



Summer Driving Safety



Overheating Tips

- Your cooling system should be completely flushed and refilled as recommended in your owner's manual.
- The level, condition, and concentration of the coolant should be checked periodically.
- If your car overheats — or if you are doing regular maintenance at home — never remove the radiator cap until the engine has thoroughly cooled.



Summer Driving Safety



Pop-up Storms

- **Flash flooding:**
- Know the depth of water in a dip before crossing.
- Be aware road bed may not be intact under water.
- Abandon stalled vehicle, seek higher ground
- Rapidly rising water may engulf vehicle and its occupants and sweep them away.
- **Tornadoes:** Leave your vehicle, and go to a substantial shelter. If there is no shelter nearby, lie flat in the nearest ditch, ravine, or culvert with your hands shielding your head. Be alert for rapidly rising waters in the ditch.



Summer Driving Safety



Protecting Children and Pets

- Never leave your child unattended in a vehicle
- Always lock car doors and trunks -- even at home -- and keep keys out of children's reach.
- Always ensure child passengers leave the car when you reach your destination.
- Check child seat for heat before placing child in seat
- Use a light covering to shade the seat of your parked car. Consider using shades on windows.



Vacation Safety



Physical Safety

- Always stay with people you trust.
- Carry a cell phone at all times in case of an emergency.
- Call home periodically to let family members know you are safe.
- Keep your identification with you.
- Be aware of local laws regarding alcohol.
- Do not drink and drive.
- Always lock and bolt your hotel room when you are inside it.



Vacation Safety



Property Safety

- Always keep your hotel room locked.
- Try to leave valuables at home.
- Lock any valuables you do take in the hotel safe.
- Beware of scam artists.
- If your cell phone or credit card is stolen, report it immediately and cancel service.
- Do not carry or accept packages from strangers.



Vacation Safety



Beach Safety

- Always use sun block.
- Never swim alone and only swim when lifeguards are present.
- Do not consume alcohol when swimming or operating boating equipment.
- Take strong current and riptide warnings seriously.
- Know the meaning and be conscious of the flag warning system on Panama City Beaches.



Summer Safety 2012



Risk Management is a 6 step process that can be cumbersome and not so practical when you need it on the spot on a personal. If you remember risk management in its simplest form, it is one you can use anytime, anywhere, so keep this in mind this summer when you want to apply risk management to your situation, just ask yourself:

“What’s the worst thing that can happen to me if I do this?”

If you do this, and act accordingly, you will have essentially applied the principles of risk management

Have a safe summer!

325th Wing Safety Staff